

## Fulbright Program

## /// Safety and Security



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Why is safety,  
security and  
emergency  
management so  
important

# What are we seeking to accomplish?

## Training Objective

To create the knowledge and skills for Fulbright Scholars to be able to identify and understand - and therefore better avoid, mitigate or manage personal safety and security risks when travelling abroad – as well as respond effectively to emergencies

## Enabling Objectives

- To understand personal safety and security measures
- To understand, manage and respond to manmade risks
- To understand, manage and respond to natural risks
- To better plan and manage travel and hotel risks
- To take into account cultural and gender considerations
- To plan for and respond to an emergency





## Knowledge

It is only by understanding threats and what safety and security means that effective risk mitigation can be accomplished...



## Awareness

If you are aware of your surroundings and the threats which present constant and variable risks to you, then you will more likely be able to avoid or mitigate these...



## Application

It is pointless having the knowledge and being aware of your environment if you do not apply this to your personal safety and security strategy!

Not all risks affect individuals in the same way, your nationality, ethnicity, gender, religion and age play a factor.

**Threats to  
individuals**

Groups of people may attract risks by their profile, what they are doing, and who they are meeting.

**Threats to  
groups**

Organizations and associations may increase the profile and targeting of individuals and groups.

**Threats to  
organizations**

All of these influences must be taken into account when determining what risks you face, and what you need to do to avoid or mitigate these risks!



## Common Manmade Risks

Mugging, arrests, car thefts and burglaries, car-jackings, assault and battery, kidnap and ransom, fraud and identity theft, rallies, riots and intimidation



## Natural Risks

Earthquakes, Tsunamis, floods, storms, volcanoes, landslides, forest fires, sandstorms, blizzards and pandemics



## Terrorism and Militancy Risks

Explosive devices, hoaxes, kidnappings and hijackings, espionage, intimidation, coercion and extortion, small arms fire and indirect fire attacks, complex attacks, and dirty bombs



## General Threats

Road traffic accidents, injuries and illnesses

# General risk management



What general measures can you take and what should you be thinking about?



## Things to Look For

- Historical trends of threats: region, district, city, route
- Identify calendar periods of increased risks
- Ask locals for details on high risk areas or routes
- Determine the best date and time to go – or not to go
- What infrastructures can support you in an emergency
- Are there groups you can leverage while there
- How can you be alerted to risks or pending problems
- How can you get away from that region or area

## Things To Avoid

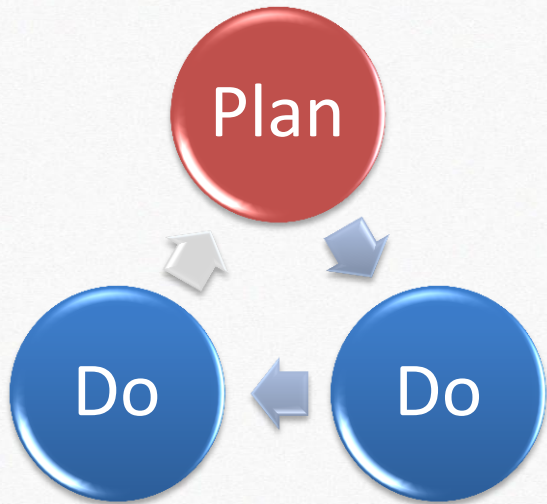
- Demonstrations and rallies
- High profile public events
- Contentious events
- Government facilities
- Facilities used by vulnerable or targeted persons



## Planning Considerations

- Understand the local laws (national and provincial)
- Understand who the local power brokers are
- Avoid anti-government demonstrations or gatherings
- Be aware of tribal or social groupings and sensitivities
- Determine whether certain ethnic, gender or religious groups are more at risk
- Be cognizant of local holidays and festivals – plan around these





From the 1<sup>st</sup> World War where military commanders (planners) did not give their operational commanders (doers) enough time to act....

24hrs before a border closes –  
8hrs to plan, 16hrs to act

3 days before the militia arrives –  
1 day to plan, 2 days to act

# Safe travel planning



What travel risk mitigation measures can you take?

## Travel Planning

1

- Research the area.
- Liaise with local persons.
- Register with the embassy.

## Administration

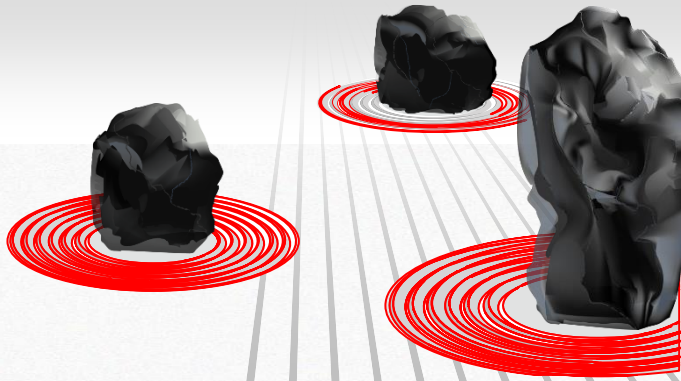
2

- Arrange visa and medical needs.
- Ensure you have the right kit.
- Arrange support protocols

## Understanding Threats

3

- Research travel threats.
- Define risk mitigation strategies.
- Modify travel plans if necessary.





# Personal safety and security



What personal safety and security measures can you take?

- Do not display wealth or carry large amounts of money.
- Practice information security.
- Avoid areas prone to crime, or where you might stand out.
- Do not travel alone if possible, esp at night.
- Avoid accepting invitations by strangers, be aware of your surroundings.
- Do not accept drinks from strangers, do not leave your possessions unattended.
- Use the 'buddy buddy' system.





- Look for suspicious persons, or persons who might be following you.
- Lock your car doors and windows when traveling.
- Ensure your residence or hotel doors and windows are locked.
- Only travel in marked or known taxis, or hotel vehicles.
- Do not share your itinerary with anyone who does not need to know it.
- Coach people about the importance of not sharing your information with others.
- Do not leave any travel plans or personal details in places which might be accessible.



# Hotel and Guesthouse security



What hotel and guesthouse safety and security considerations are there?

- Select room on 3rd to 5th floors.
- Select a room at the rear of hotel, facing away from main roads.
- Close curtains for surveillance and bomb blast protection.
- Get a room close to fire exits.
- Avoid hotels being used for large events or hosting VIPs.
- Ensure that there are layers of security to screen people and vehicles entering.
- Ensure rooms have locks fitted: check before opening your door.
- Select an alternative muster point for your group (terrorist attacks).



- Practice unlocking your doors and windows.
- Look outside and see whether you can escape from your windows.
- Check the fire escapes – see whether they open.
- Establish a pre-determined rally point.
- Check for heat on door with the back of your hand.
- Stay low to avoid smoke, close doors behind you to reduce fuelling.
- Notify switchboard or lobby where you are – sound the alarm.
- If trapped fill a bath tub, wet sheets and towels to cool walls and block door jams.
- Hang sheets out of your window to indicate your presence to rescuers.



# Surveillance awareness



What do you do if you think you are being followed?

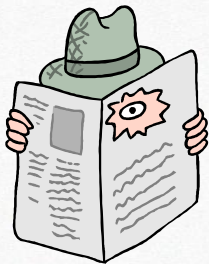


## Why...

- Gather information
- Plan an attack
- Stage a kidnapping
- Voyeur

## Who Does It?

- Criminals
- Stalkers
- Media
- Host and foreign governments
- Terrorists and insurgents
- Marketing companies
- Competing businesses
- Special interest groups
- Family members



## How...

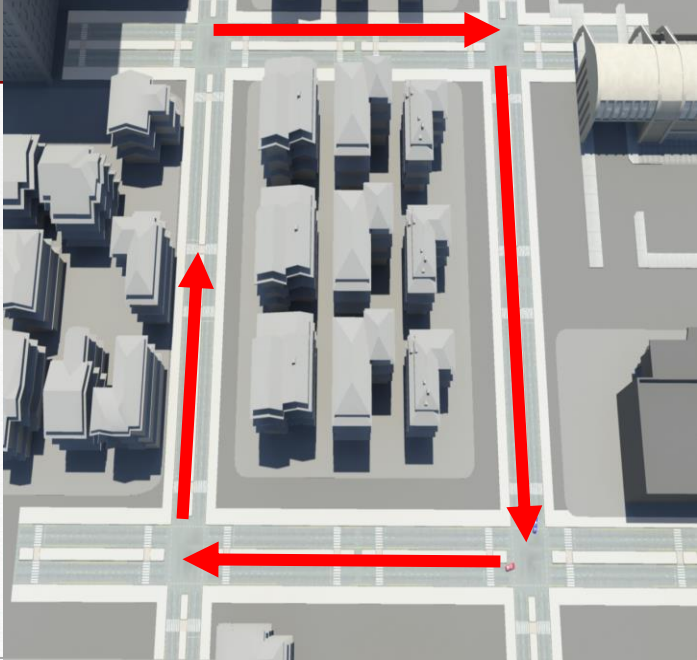
- Watching you
- Office paperwork
- Hotel rummaging
- Inspecting trash
- Eavesdropping
- Asking direct questions
- Asking others
- Trends and patterns
- Twitter and Facebook

- Protect your itinerary
- Watch what you say
- Protect your documents
- Protect your IT and emails
- Maintain situational awareness
- Look for suspicious questioning
- Look for familiar faces and vehicles
- Confirm if you are being followed
- Look for signs of tampering (room or vehicle)

***Anything that strikes you as odd as unusual...***

## Actions on Surveillance

- If on foot stay in well lit public places.
- Change your planned route.
- Call for assistance – notify a manager or friend.
- If driving head to a safe haven and wait for help.
- Don't speed or run.
- Do not panic and do not confront the followers.





# Travel risk management



What are some sensible travel planning methods used to reduce risk?

## Weather conditions

- Fog, smog or sand storms
- Slippery roads
- Flooding or ice

## Natural features

- Poor road conditions
- Landslides and rock falls
- Sharp curves and blind bends

## Other road users

- Pedestrians and cyclists
- Poor drivers
- Farmers and livestock



## Criminals and terrorists

- Robberies and car jacking
- Illegal check points and kidnapping
- Mob or armed attacks

## Natural features

- Mountain passes
- River crossing points
- Tunnels and bridges

## Other road users

- Blind bends
- Urban areas
- Farming communities

## Weather conditions

- Avalanche prone areas
- Areas susceptible to flooding
- Boggy areas – impassable by rains

## Criminals and terrorists

- Choke points
- Remote Areas
- Poor rule of law



- Is the route, departure and arrival points safe.
- Are any events likely to increase my risks.
- Is my time of travel a safer time to travel.
- Should I sanitize my belongings.
- Who should I speak with regards my trip.
- Are there medical facilities in the area.
- Will my phone work there... how can I communicate.
- Should I leave a trip plan with a trusted person.
- Should I have a protocol for reporting in periodically.
- How can I alert people if I am in trouble.
- Are there safe havens along the route or at the destination.
- Should I remove any phone listings which might attract attention.





**P** - **Petrol**: Ensure fuels tanks are full and spare fuels are carried.



**O** - **Oil**: Ensure you have sufficient oils, check oil pressures and carry spare oils.



**W** - **Water**: (fluid levels) – Check windscreen wiper and radiator water levels.



**D** - **Damages**: Check damages and ensure they will not affect performance.

**E** - **Electrical**: Ensure all electrical systems are functional; especially headlights.



**R** - **Rubber**: Ensure tires have tread and pressure, spare tires are functional and emergency equipment loaded into the vehicle.



# Human-made threats



What would you do if you were being robbed?



Mugging

- Hand over all items without resistance.
- Be respectful and polite.
- Try and be confident.
- Explain that you are expecting someone.
- Avoid staring the robber in the face.



RIOT

- Leave the area, do NOT run.
- Lock doors, windows and gates.
- Move to rear of building.
- Notify managers, travelers and your embassy.
- Turn off lights, monitor the news.
- Follow police instructions.



Kidnappings

- Fight, flight or submit.
- Follow instructions.
- Be the grey person – be a model prisoner.
- Speak about family, children and sports.
- Don't talk about religion, money or politics.





Arrest and  
Detention

Notify a friend or manager immediately.  
Stay in a public place if possible.  
Be polite and respectful at all times.  
Do not sign anything until your lawyer arrives.  
Try and talk your way out of being detained.



Explosive Devices

Do NOT open or touch anything.  
Do NOT use your mobile within 50 meters.  
Evacuate the area, close doors behind you.  
Keep hard objects between you and the device.  
Provide the location/description to the police.



## RUN

- Identify the source of the threat
- Move from cover to cover
- Don't wait for others
- Avoid obvious gathering areas
- Remember the effective ranges of weapons
- Exit buildings with hands empty and up!

## HIDE

- Barricade yourself in
- Phones and other noise off
- Away from doors and windows (in corners)
- Tell people where you are
- Play dead

## FIGHT

- Use anything as a weapon
- Keep on fighting
- Go for the hands – keep hold of them
- Go in 110%... Never half hearted!

## Your Options

- RUN
- HIDE
- FIGHT

# Natural hazards



What would you do if you were caught in a flood?



Earthquakes

- Find shelter – under tables.
- Turn off the gas and electricity.
- Avoid standing water and fallen power-lines.
- Watch for falling glass and masonry.
- Avoid using bridges and tunnels.



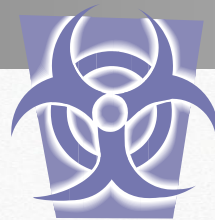
Storm

- Bring in furniture and valuables.
- Have 5 days of water/food/supplies.
- Move into the building and away from windows.
- Do not go outside.
- Monitor the news before leaving safety.



Floods

- Have 5 days of water, food and emergency supplies.
- Avoid running water: underwater hazards and contamination.
- Find high ground, or a higher building levels.
- Use sheets to indicate your location to rescuers.
- Monitor the news before leaving a safe location.



Store emergency food and water.

Avoid public transportation.

Start social distancing; do not touch others.

Wash your hands with soap or disinfectant.

Decide whether to evacuate the area or stay indoors. Have a plan.



Bring in furniture and valuables.

Monitor the news to determine direction of travel.

Wet roofs and building walls with a garden hose.

Do not go outside, use wet cloth for breathing.

Prepare to evacuate quickly.



Monitor the news.

Move inland, to higher ground.

Move to a higher floor.

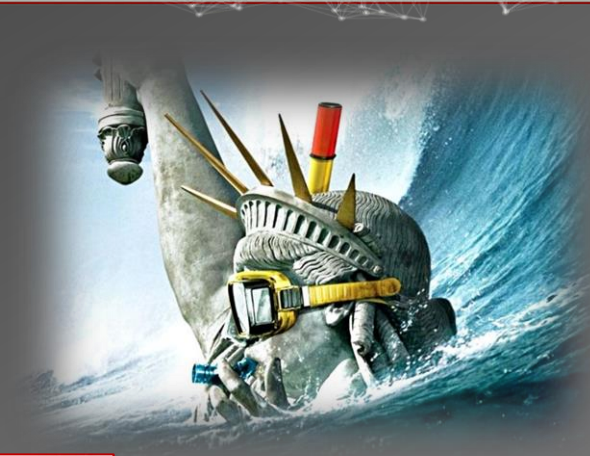
If possible move water/food to higher ground.

Float feet first, angle at 45 degrees.

Follow flood disaster response protocols.

Tsunamis

# General emergency response



What general responses might you take during an emergency?

**Safety:** Am I in a safe place – is it safer to remain where I am, or do I need to move to another location.

- How much time do I have to make a decision to safely move to another location.
- How do I safely move to another location.
- Who should I inform of my decision.
- How can I use other people or groups to move more safely.

**Security:** What criminal risks might result – how do I avoid becoming a victim.

- Do I own possessions or materials people might wish to steal.
- Am I naturally a high risk target – will people take advantage of this.
- Can I secure my location – how do I make the location safer.

**Water and Food:** How much food and water do I have:

- Fill your bath tubs or other containers with water to drink and wash with.
- Stockpile foods, especially dry or canned items. Eat perishables first.
- Limit what you drink and consume – ration yourself and others.

**Power and Fuels:** How long will power remain on, how much fuel do I have for generators:

- Charge your mobile phones – limit use.
- Charge computers to support Skype and emailing.
- Reduce the use of generator power to essential needs only.
- Stockpile generator fuels.

**Vehicles:** How safe is my vehicle, how do I protect it:

- Bring vehicles into secured areas.
- Use vehicles for essential tasks only; stockpile fuels.
- Load emergency evacuation stores into the vehicles for a rapid departure.

**Supplies:** What supplies will run out first – what should I stockpile or buy:

- Buy / secure camping stoves or methods of cooking without the use of electricity.
- Secure medical supplies and materials, especially prescription medicines, antiseptics etc.
- Buy camping gear (tents, sleeping bags, flash lights, repellants etc). Also, satellite phones.
- Sanitation supplies.



# Cultural and gender issues



What cultural considerations are there – how do these affect risk?



- Gender norms.
- Cultural sensitivities.
- Historical influences.
- Religious sensitivities.
- Discussing politics.
- Hand gestures.
- Touching and physical contact.
- Local laws and their implications.



It doesn't always matter what you think is right or wrong when you are in someone else's country...



- Name some personal safety and security measures.
- Name some travel planning measures.
- What hotel floor should you stay on?
- What do you do if someone is shooting at you?
- What do you do if you are in a riot?
- What can you do if you are in a flood?
- What cultural considerations might you consider?

# Look Forward





# THANK YOU

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